

Understand the constitution of children and make it strong

Preface

Dear Parents,

Our child is developing continuously. His mind and intellect is slowly maturing. Everyone's life begins as one cell (fertilised egg). This fertilised egg divides and becomes two cells. This process continues that is two to four, four to eight etc. till in the grown human there are approximately 100,000 billion cells. In living beings 'Growth and Development' is a natural process. This growth is affected by heredity, hormones, environment and disease. This book will be helpful in guiding you in paying attention to whether the child's development is in appropriate manner or not.

The constitution of each child is different from the other. Some children are lean while some are fat. Some are short while some are tall. Some eat to live while some live to eat. Reading this book will help in knowing the child's personality and help us in accordingly make him stronger.

Man is more intelligent than all the other creatures. His brain directly or indirectly controls his behaviour, movement and activity. So practically the development of the child is evaluated on the maturity of the child's brain and nervous system. To make evaluation of the child's growth easy, they are divided broadly into the following categories.

1. Gross movements
2. Skilful movements
3. Social development
4. Speech

Detailed description of the milestones in the growth and development of the first 5 years is given. Similarly measuring the intellect, things that affect the intellect and guidance about increasing the memory and intellect is also given. Discussions and information about the reasons for the mental retardation among children, how to take care of such children and the precautions to be taken to avoid having such children is also there in the book.

The mind and brain are two different organs. The work of the mind its various stages and transcends is discussed in detail. The child's mind is innocent, delicate and like a clean slate. The impressions made on them in childhood have a great chance of lasting through their life.

Parents are supposed to teach their child good habits, give them good ideals and goals in life; as well as give them good treatment and teach them to follow the good path in life. Nurturing a child so that he has a healthy mind and intellect is very difficult, but following the instructions and guidance given in this book shall help you in nurturing and developing your child's mind and intellect in a good way. They will later become ideal and healthy citizens and we shall all be very proud of them.

- Authors

Index

Unique preface with spiritual terminology	11
Preface	13
1. A child is not a miniature replica of an adult	15
1. Is a child a miniature man?	15
2. Which stages does every individual have to cross on the sojourn from birth to death?	19
2. Cells	22
1. What is a cell?	22
2. Which are the basic components of a cell?	24
3. What are the different sizes that cells have?	25
4. What is the appearance of different cells?	26
5. What functions do different cells in the body perform?	26
6. How long does a cell live?	28
3. Growth	29
1. What is the difference between growth & development?	29
2. How do children grow?	29
3. Which factors affect the growth of a child?	30
4. How to assess the growth of a child?	31
4. Weight	32
1. How much weight does a child gain in the first two years of life?	32
2. How much monthly weight gain is there in a child?	32
3. How often should a child be weighed?	33
4. What is a 100 percentile chart?	33

5. Average weight of children from different age groups	34
6. What are 'health charts'?	36
7. When can you conclude that a child has malnutrition or is overweight?	38
5. Height	39
1. What is the height of the child at different ages?	39
2. What is the annual height gain in children?	39
3. Why are some individuals dwarfs and some giants?	40
4. Can the height of a child in adulthood be predicted?	41
6. Circumference of head	42
1. Why do modern doctors measure the head's circumference of children?	42
2. Why do children have different shape of the head?	42
3. How much is the circumference of the head in each age?	42
4. What is the reason for a large head? Does intelligence of a child depend on the size of his head?	43
5. What is the reason for a small head?	43
7. Circumference of the chest	44
8. Teeth	45
1. How many milk and permanent teeth does a child have?	45
2. When do the milk teeth erupt in a child?	46
3. When do permanent teeth erupt?	46
4. Does the proportion of body parts change with age?	47
5. Do body cells and organs grow at a same rate?	47
6. Constitution depends on which factors?	49
7. What are the symptoms amongst children having Vata constitution?	49
8. Characteristics of children having Pitta constitution	50
9. What are the characteristics of fat children?	51

10. What are the characteristics of children with a balanced constitution?	51
11. Is it possible to change one's constitution?	51
12. Is it necessary to keep a check on diet and exercise in case of children with a balanced constitution?	52
13. Why is it that some children who are strong look slim and on the contrary those who are fat, tire easily?	52
14. Why do some well-developed children look pale?	53
15. How is it that some children despite of being short are strong?	53
16. How to increase the muscle strength?	53
9. Food and Vitamins	54
1. For excellent growth in children what dietary components must be included in the regular meal?	54
2. Why do children get angry when they are asked to have a meal?	54
3. Why most of the mothers pursue children to eat more?	55
4. How can parents develop liking for food in the children?	56
5. How can a child be disciplined to eat by himself?	56
6. Should the child be allowed to eat food of his liking?	58
7. How much importance should be given to the food likings (favourite food) of the child?	58
8. Why do some children look thin and weak?	58
9. Should the growing children be given ' <i>Shaktivardhak</i> ' (tonic) regularly?	59
10. How does ' <i>Balkadu</i> ' prove beneficial to children?	60
10. Development	61
1. What is the meaning of development of child?	61
2. Why new born baby is unable to hold anything?	61
3. How child starts learning? How come the curiosity to learn gets created in the child?	62
4. How to calculate child's development?	63

11. Steps of development	65
1. What is the meaning of process of development?	65
2. What are the specialties of development?	65
3. How to gauge child's development?	66
4. Does these stages of development are crossed in certain age?	67
5. Which things affect child's development?	75
6. Why some children start walking late?	76
7. While walking why children do keep their legs apart from each other?	77
8. Why some children's legs ache at night?	77
12. Getting control on urine and bowels	78
1. Is it necessary to teach a child to keep a control on his urine and bowels?	78
2. Why are some children late in learning toilet training?	79
13. Control over the hands	80
14. Speech	81
1. How do the children learn to speak?	81
2. What is the number of words spoken by the children of the various age groups?	81
3. What are the reasons for late speaking of the children?	82